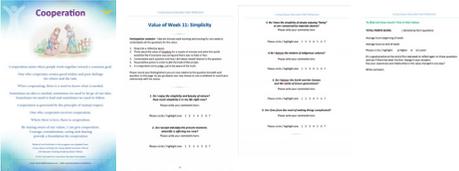
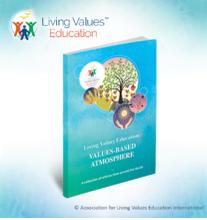


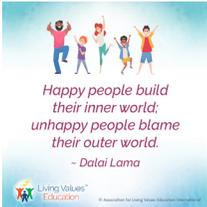
LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)

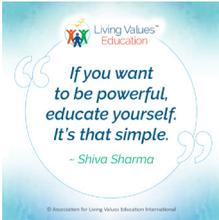
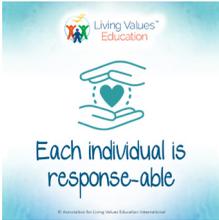


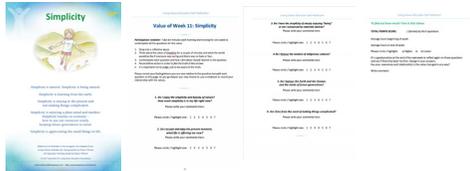
March 2024	Post Type	Copy	Content
Friday 1st March	Value #6 - Humility Reminder	How has your week been? Did you show more humility? Consider this: Arrogance damages or destroys valuing the uniqueness of others. Learn to admire, not envy. #humility #LivingValuesEducation #LVE #values	
Saturday 2nd March	Teaser	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Our 12 values are a defining feature of our identity as human beings and, in guiding our choices and priorities, they set the compass for the trajectory of our life, drive human, social and economic development and the transition to a better world for all.</p> <p>This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/</p>	
Sunday 3rd March	Value #7 - Cooperation Self-reflection worksheet	<p>Your Value to Live in for this Week is COOPERATION.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of COOPERATION for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/cooperation</p>	
Monday 4th March	Value #7 - Cooperation	<p>A sample question to consider: Do I welcome the ideas and preferences of others? Understanding that cooperation is a higher principle than competition is invaluable.</p> <p>Want to find out more? Visit livingvalues.net/cooperation</p> <p>#cooperation #LivingValuesEducation #LVE #values</p>	

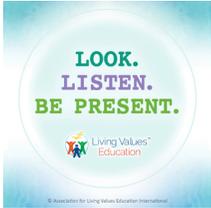
Tuesday 5th March	Product Living Values Distance Facilitator Course	What's special about the Living Values Distance Facilitator Course? Well, quite a lot actually... Firstly, it's FREE! And there is no commitment to finishing either, that's all my choice. Yes, and I can try the first level without any pressure. Of course, there are major benefits at every level, for a start, getting to know the truth about myself, how I think and feel and think, how that motivates my every response and action. This alone is worth gold.	
Wednesday 6th March	Webinar Save the Date	Join us on Wednesday 13th March for this months webinar with Speaker Helen Sayers. If you would like to stay up-to-date with upcoming events, simply subscribe to our website at livingvalues.net Can't wait? You can watch previous webinars by searching for LVEBI on vimeo.com. #LivingValuesEducation #LVE	
Thursday 7th March	LVE Quote Values-based Living	"Values-based Education (VbE) has a secret! It allows Self-energy, our essence to flourish, which best supports us in being the best version of ourselves we can be." ~ Dr. Neil Hawkes www.neilhawkes.org Download FREE Values-based Atmosphere Book at www.livingvalues.net/about-lve/	
Friday 8th March	Value #7 - Cooperation Reminder	Courage, consideration, caring and sharing provide a foundation for cooperation. Sometimes an idea is needed, sometimes we need to let go of our idea. Sometimes we need to lead and sometimes we need to follow. How cooperative have you been this week? #cooperation #unity #LivingValuesEducation #LVE #values	
Saturday 9th March	Teaser	Join our 12 week course with a new Living Value presented each week. The first Value starts tomorrow... It may hold the answers you've been searching for! Download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/	

<p>Sunday 10th March</p>	<p>Value #8 - Happiness Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is HAPPINESS ☺ Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of HAPPINESS for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/happiness</p>	
<p>Monday 11th March</p>	<p>Value #8 - Happiness</p>	<p>A sample question to consider - ☺How strong is my state of contentment – of general wellness, health, harmony, and connection? If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info. #happiness #LVE #LivingValuesEducation</p>	
<p>Tuesday 12th March</p>	<p>Product</p>	<p>Each of the 42 countries representing Living Values around the world has their own Country page on our website. Simply visit livingvalues.net/country-reports to look up and see what is happening in your country today! For those who speak Portuguese, visit our Brazilian website: www.vivendovalores.org.br #LivingValuesEducation #LVE</p>	
<p>Wednesday 13th March</p>	<p>Webinar</p>	<p>JOIN US FOR TODAY'S WEBINAR! ☺☺ 'The Four Pillars of Education... and could there be a fifth?' with Speaker Helen Sayers. Wednesday 13th March 2024 6pm - 7pm GMT (UK timezone) Zoom Details: Meeting ID: 922 2863 5131 Password: serenity See more details at: https://livingvalues.net/current-news/march-2024-webinar-the-four-pillars-of-education Organised by Living Values Education - British Isles. We welcome folk from other parts of the world to join our webinars. Need more info? Go to livingvalues.net/webinars or email uk@livingvalues.net.</p>	

Thursday 14th March		#BeHappy #happiness #happy #values #LivingValuesEducation #LVE #values	
Friday 15th March	Value #8 - Happiness Reminder	Consider this: What is keeping you from happiness? One of the biggest challenge in experiencing happiness is to believe that it is in the future. This makes happiness conditional. In truth, happiness is living totally in this moment. Find out more at livingvalues.net/happiness #happiness #harmony #values #LivingValuesEducation #LVE #values	
Saturday 16th March	Teaser	OUR VALUE FOR THIS WEEK STARTS TOMORROW.... Stay tuned! This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/	
Sunday 17th March	Value #9 - Responsibility Self-reflection worksheet	Your Value to Live in for this Week is RESPONSIBILITY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of RESPONSIBILITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/responsibility	
Monday 18th March	Value #9 - Responsibility	Something to consider as you live the value of Responsibility this week: A responsible person fulfills the assigned duty by staying true to the aim. Duties are carried out with integrity and a sense of purpose. As a responsible person, I have something worthwhile to offer and so do others. Want to find out more? Visit livingvalues.net/about-us/ #happiness #harmony #values #LivingValuesEducation #LVE #values	

<p>Tuesday 19th March</p>	<p>Product Distance Facilitators Course</p>	<p>What's special about the Living Values Distance Facilitator Course?</p> <p>Well, quite a lot actually... beginning with – it's FREE! And there is no commitment to finishing either, that's all my choice, yes, and I can try the first level without any pressure. Of course, there are major benefits at every level, for a start, getting to know the truth about myself, how I think and feel and think, how that motivates my every response and action.</p> <p>This alone is worth gold. Not to mention discovering why there are always consequences to my actions, and then the 'awful' realisation that my life truly is my responsibility and no one is to blame.</p> <p>Once I have this firmly in my grasp I can see how valuable and vital this is to share and yes, I probably would like to continue, learn the Living Values Approach and delivery skills and have the confidence and accreditation to be able to help others around me.</p> <p>Now where is that email address? distance@livingvalues.net</p>	
<p>Wednesday 20th March</p>	<p>Social Media Instagram</p>	<p>A reminder that Living Values Education is on Instagram!</p> <p>Follow us at: @living_values_education #LivingValuesEducation #LVE</p>	
<p>Thursday 21st March</p>	<p>Event - Earth Hour</p>	<p>Take time out for nature and join the world's biggest movement to protect our planet! <i>(insert prayer hands, earth, light globe emojis)</i></p> <p>WWF's Earth Hour empowers millions of people to take a moment of calm to reflect on their commitment to protecting the planet. Join millions of participants around the world and switch off your lights at 8:30pm local time on Saturday 23rd March as a symbolic demonstration of your commitment and support to raising awareness of the issues facing our planet.</p> <p>#SwitchOff #EarthHour #SwitchforNature #LivingValuesEducation #LVE</p>	
<p>Friday 22nd March</p>	<p>Value #9 - Responsibility Reminder</p>	<p>Consider this: When I accept ownership for my words, thoughts and actions, I become a role model and positive influence on the world.</p> <p>Want to find out more? Visit livingvalues.net/responsibility</p>	

Saturday 23rd March	Teaser	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values are a defining feature of our identity as human beings and, in guiding our choices and priorities, they set the compass for the trajectory of our life, drive human, social and economic development and the transition to a better world for all. Perhaps you can incorporate them into the New Year?</p> <p>This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/</p>	
Sunday 24th March	Value #10 - Simplicity Self-reflection worksheet	<p>Your Value to Live in for this Week is SIMPLICITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of SIMPLICITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/simplicity</p>	
Monday 25th March	Value #10 - Simplicity Self-reflection	<p>SIMPLICITY. A simple question to consider: Do I accept my life situation with willing ease and grace? Want to find out more? Visit livingvalues.net/about-us/</p> <p>#simplicity #LivingValuesEducation #LVE #values</p>	
Tuesday 26th March			
Wednesday 27th March	Quote	<p>Remember this: Simplicity is letting go of all but a few simple things that make life, for everything you need already exists within your own body, heart, mind and soul.</p> <p>#simplicity #LivingValuesEducation #LVE</p>	

<p>Thursday 28th March</p>	<p>Product <i>LVE is feeling excited</i></p>	<p>Living Values Education Values Bookmarks are now available for FREE download at livingvalues.net/resources-bookmarks/</p> <p>Print them out, cut them apart, decorate and use the bookmarks during story time or for your own reading.</p> <p>They can also be used as Focus points in workshops, display for reflection, daily questions to ask ourselves, a gift set or enlarge them for posters for home or in the classroom.</p> <p>#LivingValuesEducation #LVE #values</p>	
<p>Friday 29th March</p>	<p>Value #10 - Simplicity Reminder Good Friday</p>	<p>Everything we do reflects what is important to us. The way we express, what we express, how we express are guided by what is important to us.</p> <p>#LivingValuesEducation #LVE</p>	
<p>Saturday 30 March</p>	<p>Teaser Easter Saturday</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Our 12 values are a defining feature of our identity as human beings and, in guiding our choices and priorities, they set the compass for the trajectory of our life, drive human, social and economic development and the transition to a better world for all.</p> <p>This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE</p>	
<p>Sunday 31 March</p>	<p>Value #11 - Freedom Self-reflection worksheet Easter Sunday</p>	<p>Your Value to Live in for this Week is FREEDOM.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of FREEDOM for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/freedom</p>	
<p>END</p>			